Upon Waking

As I roll over under my covers

I remind myself that it wasn’t real

Although awake, the other world hovers

What my brain wants to hide, it can’t conceal

My arms tremble like buildings in a quake

My thoughts bounce around like a ball encaged

Was it all just a dream, a big mistake?

Confused and upset, my blood fills with rage

I shake my head looking from wall to wall

My hands are numb and like something foreign

I felt out of place, overwhelmed, and small

Consumed by fear, my reality torn

I take a deep breath and slowly exhale

I feel a release, no longer in jail